

### The FOOD PRIMER

stands for Honey—  
The world's oldest sweet  
Delicious, nutritious,  
A honey bee's treat.

BY BETTY BARCLAY

Honey is not a complete food but it contains vitamins and small portions of practically every element used by the human body. As far as food value is concerned, it supplies almost 1500 calories to the pound—thus ranking very high in the list of foods.

Europe uses this food extensively in cooking—and in honeywine (Mead). We use it largely as a tasty spread or as a flavoring for frostings.

The attractive glass jars in which honey is marketed make it possible for the housewife to see exactly what she is buying. Often the modern producer puts part of the comb in the strained honey, plainly visible through the glass walls of the jar. Others have made their bottles in the shape of a hive, and all honey containers—once so troublesome—are now designed to be presentable and "socially acceptable" at table. The next time you open one of these glass jars, do not use the contents merely as a "spread" but try one of these honey recipes and you will be delighted with your discovery.

- Honey Date Strips**  
3 eggs, well beaten  
1 cup honey  
1/2 cup flour  
1/2 teaspoon baking powder  
1 teaspoon vanilla  
1 cup chopped nuts  
1 pint chopped dates

Mix together honey and well beaten eggs. Add baking powder and flour, sifted together, then chopped dates and nuts. Bake in long flat tin; mixture should not be more than 1/4 inch high. When baked, will be about 1/2 inch high. Cut in strips 1/2 inch wide and 3 inches long. Pack away in crock; roll in powdered sugar before serving.

- Honey, Apple, Cheese and Nut Salad**  
4 cups of apples, diced  
2 cups cottage cheese  
1/2 cup chopped walnuts  
1/2 cup honey  
1/2 cup mayonnaise

### Plum Sherbet for St. Patrick's Day

St. Patrick's day is the Irish jollification day in honor of their saint. It is in keeping with the spirit of the day to have a party and, of course, the best dessert for a party is sherbet or ice cream. Green is the color which should be featured, and you will find that a sherbet made with green gage plums gives the much desired delicate color and has the flavor and texture that make hostesses proud to serve it.

Instead of serving it as dessert, serve it with the neat course, and make the dinner seem more festive and smart. Still another way this delicious sherbet might be served is with fruit cocktail. Fill the dish with mixed fruits, which come canned together, and in the center place a spoonful of the plum sherbet.

- Green Plum Sherbet**  
1 No. 2 1/2 can green gage plums  
1/2 cup powdered sugar  
1/2 cup white corn syrup  
1 cup pastry cream

Drain the syrup from the plums, pit the fruit and rub thru a sieve; add the sugar and stir until it is dissolved. Add one-half cup of plum syrup to the plum mixture, add the corn syrup and salt and mix until well blended. Pour the unbeaten pastry cream very slowly into the plum mixture and stir all the time. Pour into a refrigerator pan and freeze.

To get a deeper color for this particular occasion, you may wish to add a touch of green coloring to the sherbet, but for ordinary occasions, and this one too, the natural delicate green is lovely.

**PLEASANT ODOR**  
Fill a small bowl with boiling water and add a few drops of lavender water to it. Place the bowl in the living room or dining room for a few minutes before the guests arrive and it will give a very pleasant odor.

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### Gas Cut Details Not Available

(Continued from Page 1-A)  
pleted their computations. This is not expected for a week or 10 days. The Los Angeles papers leaped at a lot of hasty conclusions because the spread of the reduction over commercial, domestic or industrial ac-

counts has not been determined." Murray said that every effort is being made to speed the engineering data to make a detailed announcement of the savings possible before the April 1 date when the new basic rates will become effective. The reduction was recommended after the commission's engineers and accountants had made an informal investigation over a period of five months

into earnings and operating costs of the Southern California and Los Angeles Gas and Electric Companies. This new cut in gas costs, combined with the saving resulting from a reduction less than a year ago of 15 percent to all domestic consumers represents, according to late reports, a total saving of some \$2,300,000 yearly to Southern California gas consumers.

**NARBONNE JUNIORS ELECT NEW OFFICERS**  
George Nakamura, well-known junior high yoll-leader at Narbonne high, has been elected president of the Junior Association Student Body. He was vice-president last term. Nell Mills was chosen vice-president; and Margaret Scholl, secretary-treasurer. All three officers are outstanding members of the A9 class.

**KITCHEN SHELVES**  
Almost any kitchen can use more shelf room, and there is usually at least one space in which open shelves can be placed. For canned goods and other packaged articles they are just as useful as cabinets.

**A. M. GAMBY Mortuary**  
A. M. Gamby, director. Lady assistant.  
25001 Narbonne Phone Lomita 612

### Vermont Knows No Pie-less Days; Wife Names 108 Varieties She Bakes

NEW HAVEN, Vt., Feb. 25 (U.P.)—When it comes to eating and making pie Mr. and Mrs. Charles S. Dana take the "cake." Dana, 74-year-old town clerk, former Vermont house speaker and former associate judge of Addison county court, has eaten pie every day since boyhood, but has increased his capacity since his marriage many years ago. Mrs. Dana makes 108 varieties of pie.

Of the 108 kinds of pie, Dana says, he prefers Vermont apple, pumpkin with whipped cream, green currant, walnut, black cherry and custard.

For those doubting that there are 108 different pies, Mrs. Dana lists the following: Apple, green apple, sweet apple, dried apple, Vermont apple, apple custard, cranberry, creamed rhubarb, sweet potato, grape, green grape, custard, mince, mock mince, cherry, mock cherry, white cherry, black cherry, coker cherry, napple sugar, pear, peach, dried peach, plum, dried plum, raisin and lemon.

Also coconut, pineapple, banana, green currant, currant, white currant, gooseberry, strawberry, red raspberry, black raspberry, yellow raspberry, blackberry, huckleberry, elderberry, date, prune, fig, nut, nut, buttermilk, walnut, peanut, vinegar, Boston cream, tomato, apricot, turnip, squash, pumpkin, fruit, quince, orange, Roosevelt, boiled elder, boiled elder-apple sauce, potato, oatmeal, chocolate, rice, humbug, green tomato-chicken crust and popcorn.

Also cracker, graham cracker, molasses, cranberry, Washington barberry, cream raisin, loganberry, jam, sour cream, raisin pumpkin, prune with whipped cream, mocha, caramel, summer squash, coconut jello, orange pineapple, grapefruit, zwieback peach, butterscotch, lemon chiffon, lemon sponge, rhubarb strawberry, raisin lemon, blueberry raspberry, currant raspberry and carrot.

Miss Frost Knows Miss Snow CLEVELAND (U.P.)—Miss Elsie Snow and Miss Genevieve Frost are juxtaposed as clerks at the county dog license counter.

**GRUBB'S MARKET CHOICE MEATS**  
PHONE 779 TORRANCE  
IN SAFEWAY STORE 1929 CARSON ST.

**Fresh FISH**  
Wednesdays and Fridays

... Twice weekly Grubb's brings in the freshest fish to be found on the market. Sea Bass, Sword Fish, Barracuda, Rock Cod, Fillet of Sole, and Oysters... all guaranteed fresh and at prices within the reach of those who must eat fish during Lent.

# A SHOWER OF SAVINGS FOR SAFEWAY CUSTOMERS

Prices effective through Saturday, March 6 in Safeway-operated departments of stores within thirty-five miles of Los Angeles.

**PEARS** Choice quality halves of California Bartlett pears. Note price. **15¢** No. 2 1/2 cans

**TOMATOES** Avalon Brand standard pack tomatoes in puree. **3 25¢** No. 2 1/2 cans

**HOMINY** Burbank Brand, large, white, tender kernels. **2 17¢** No. 2 1/2 cans

**BROOMS** High quality brooms, priced low. Purchase a new broom at Safeway. **29¢** Each

**OUR CHOICE BRAND**

- PRODUCE VALUES AT SAFEWAY-OPERATED STANDS**
- CABBAGE** per lb. **1 1/2¢**
  - APPLES** 4 lbs. **25¢**
  - RHUBARB** 2 lbs. **25¢**
  - LEMONS** per dozen **15¢**

**HUBBIES DON'T STALL**  
when THESE meats are ready

Notice how quickly the whole family assembles for dinner when you serve Safeway Guaranteed Meats. Select your favorite cut at Safeway today.

**BEEF ROAST** CENTER CUT CHUCK lb. **18¢**

**STEAKS** SIRLOIN OR ROUND STEAK lb. **29¢**

**T-BONE STEAK** lb. **37¢**

**BONELESS ROAST** lb. **29¢**

**LAMB LEGS** lb. **27¢**

**LAMB ROAST** lb. **19¢**

**GROUND BEEF** per lb. **16¢**

**SHORT RIBS** per lb. **12¢**

**BOILING BEEF** lb. **10¢**

**SLICED BACON** per lb. **37¢**

There's a shower of savings for you at your neighborhood Safeway Store this week. Check over these low prices - read this advertisement carefully. You'll find it chock full of values.

Replenish your pantry from the bargains available. Don't wait. Take advantage of these prices today.

You'll never find a better opportunity to save than right now. With the market advancing, now is the ideal time to stock up. Visit Safeway today.

**BAKERY SPECIAL**

**POTATO ROLLS**  
These taste like home-baked rolls. Order a package at Safeway today. Cello-wrap.  
Per Package **10¢**

**STOKELY'S PEACHES**  
Here is a real feature in canned peaches. Fancy grade sliced or halves in rich syrup—Stokely's Finest. Lay in a supply.  
**2 25¢** No. 2 1/2 cans

- VALUES IN FRUITS**
- Stokely's Apricots 15¢
  - Suprema Cherries 15¢
  - Stokely's Peaches 18¢
  - Libby's Plums 15¢
  - Stokely Grapefruit 10¢
  - Sunsweet Prunes 10¢
- SYRUP—HONEY—JELLY**
- Sleepy Hollow Syrup 35¢
  - Log Cabin Syrup 39¢
  - Dark Molasses 15¢
  - Blossom Time Honey 45¢
  - California Gold Honey 19¢
  - Kopper Kettle Jelly 23¢
- MISCELLANEOUS FOODS**
- Jell-O 3 pkgs. 14¢
  - Kre-Mel Dessert 3 boxes 10¢
  - Minute Tapioca 12¢
  - Home Made Mayonnaise 40¢
  - Better Best Crackers 13¢

**SEA FOODS**

**TUNA** LIGHT MEAT 2 No. cans **23¢**

**SALMON** 2 tall cans **37¢**

**SALMON** 2 cans **19¢**

**SHRIMP** 2 5 oz. cans **25¢**

**ZEE TISSUE**  
Your choice of Green, Orchid, or Ivory White. All wrapped rolls.  
**3 Rolls For 11¢**

# SAFEWAY